



# Spring/Summer 2025 Counselling Workshops

Family Transition Place (FTP) offers counselling workshops designed to support individuals who have experienced trauma through abuse. These workshops are offered in Orangeville and Shelburne and are available to residents of Dufferin and Caledon.

## *Orangeville Workshops - FTP, 20 Bredin Parkway*

### **Journey to Healing** (women only) — Thursdays • March 20–May 8, 2025 • 6–7:30 p.m.

Discover your strength, courage and voice in this 8-week session, safe, supportive group environment. Understand why the harmful effects of abuse don't have to last forever.

### **The Blueprint: Boundaries** (women only) — Fridays • May 2–June 6, 2025 • 10–11:30 a.m. OR 11 a.m.–12:30 p.m.

In this 5-week group for survivors of sexual violence, we will explore the vital role that boundaries play in maintaining self-respect, protecting your well-being, and fostering healthier relationships. Learning about boundaries isn't just about saying "no"—it's about understanding your needs, recognizing your limits, and giving yourself permission to prioritize your emotional and physical space.

### **Peaceful Families** (women & children) — Tuesdays • May 6–June 3, 2025 • 4–5:30 p.m.

Learn ways to help your children handle the feelings, self-blame and behaviours that arise in families that have experienced woman abuse. Children will be supported in managing these effects in their own age-appropriate groups.

### **Healing Your Inner Child** (women only) — Thursdays • June 5–July 31, 2025 • 4:30–6 p.m.

This group for women who have been impacted by abuse will teach, explore and practice concepts geared towards healing your inner child. Inner child work is an approach to recognizing and healing childhood trauma by addressing unmet needs and reparenting oneself.

*Please call FTP to register: 519-941-4357 | 905-584-4357 | 1-800-265-9178*